



UCOOK

Warwick's Creamy Chicken Korma

with green beans, brown basmati & a tomato sambal

The curry go-to you can't say no to! Succulent mini fillets poached in a creamy, coconut-based korma sauce. Thickened with almond flour for a hint of nuttiness, popping with fresh ginger and chilli, and filled with soft baby tomatoes.

Hands-On Time: 50 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Alex Levett

 **Health Nut**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

400ml	Brown Basmati Rice
40ml	Vegetable Stock
2	Onion <i>peeled & finely diced</i>
60g	Fresh Ginger <i>peeled & grated</i>
60ml	Spice and All Things Nice Korma Curry Paste
2	Fresh Chilli <i>deseeded & finely sliced</i>
100ml	Almond Flour
400g	Baby Tomatoes <i>rinsed & quartered</i>
400ml	Coconut Cream
10g	Fresh Coriander <i>rinsed & roughly chopped</i>
600g	Free-range Chicken Mini Filletts
320g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Sugar/Sweetener/Honey
Paper Towel
Blender (optional)

1. COOK THE BASMATI Rinse the rice and place in a pot with half of the stock. Submerge in 800ml of water and stir through. Place over a medium-high heat and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

2. KORMA CURRY Boil the kettle. Dilute the remaining stock with 200ml of boiling water. Place a large pot over a medium heat with a drizzle of oil. When hot, fry half of the diced onion for 5-7 minutes until soft and translucent. Add in the grated ginger, and stir through the curry paste and sliced chilli to taste. Mix in the almond flour and half of the quartered baby tomatoes and cook for 5-6 minutes, shifting regularly. Pour in the diluted stock and the coconut cream, and stir until combined. Bring to the boil, then reduce the heat to low and simmer for 5-7 minutes until thick and fragrant.

3. WHILE THE CURRY IS SIMMERING... Make the sambal! Place the remaining tomato and onion in a bowl with three-quarters of the chopped coriander. Toss together with a drizzle of oil, some seasoning, and any remaining sliced chilli if you'd like. Set aside for serving.

4. OPTIONAL STEP TO BLEND THE SAUCE Once the sauce has finished simmering, remove from the heat and pour into a blender. Blend until smooth and return to the pot over a low heat.

5. SAUCY CHICKEN & GREEN BEANS Rinse the chicken to get rid of any residue from the packet and pat dry with paper towel. Submerge in the sauce along with the sliced green beans. Simmer for another 8-10 minutes until the chicken is cooked through and the beans are al dente, stirring occasionally. On completion, season to taste with salt, pepper, and a sweetener of choice. Remove the pot from the heat.

6. SILKY KORMA CURRY Dish up the nutty rice and spoon over the chicken korma. Serve with the bright tomato sambal and garnish with the remaining chopped coriander. Delicious!



Chef's Tip

Ginger has superpowers! It strengthens the immune system, stops inflammation, eases digestion, and alleviates cold and flu symptoms. Whizz it up fresh with smoothies or juices for extra zing, or add it to just about any curry dish!

Nutritional Information

Per 100g

Energy	598kJ
Energy	143Kcal
Protein	8.1g
Carbs	16g
of which sugars	1.6g
Fibre	2.4g
Fat	5.2g
of which saturated	2.9g
Sodium	223mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days